

Ticks and Lyme Disease

SDSF and surrounding areas are known to have Lyme Disease

Identification

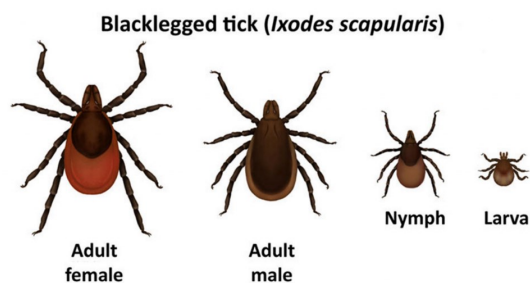


Figure 1. Western black-legged tick lifecycle¹

- Between 1/25 inches to 1/8 inches
- 4 sets of legs
- Dark brownish-black plate on back with red abdomen

Lyme Disease Signs and Symptoms

- Slowly expanding red-dish rash- “erythema migrans”
- Fatigue
- Muscle pain

Prevention Suggestions

1. Dress Tick Smart

- Long pants and long-sleeved shirt
- Tuck your shirt into your pants
- Wear a hat
- Tuck pant legs into socks

2. Consider Repellents

3. Perform tick checks regularly

- Inspect clothing
- Inspect warm areas such as arm pits, behind the ears, scalp and back of knee

4. Know when and where ticks occur

- Most active during winter but occur year-round
- Tall grass and brush
- Hiking trails
- Dense forests

5. Check pets

- Talk to your vet

Visit these websites for more information:

Ticks: [Http://ipm.ucanr.edu/PMG/PESTNOTES/pn7485.html](http://ipm.ucanr.edu/PMG/PESTNOTES/pn7485.html)

Lyme disease: <https://www.cdc.gov/lyme/index.html>

¹ Graphic Credit: Texas A&M: Agrilife Extension. School Integrated Pest Management. “ticks to look out for—By southern states.” <https://schoolipm.tamu.edu/2016/07/14/ticks-to-look-out-for-by-southern-states/>